



Outcomes of Participants in Cornell Cooperative Extension Parent Education Programs in Suffolk County 2018-2019

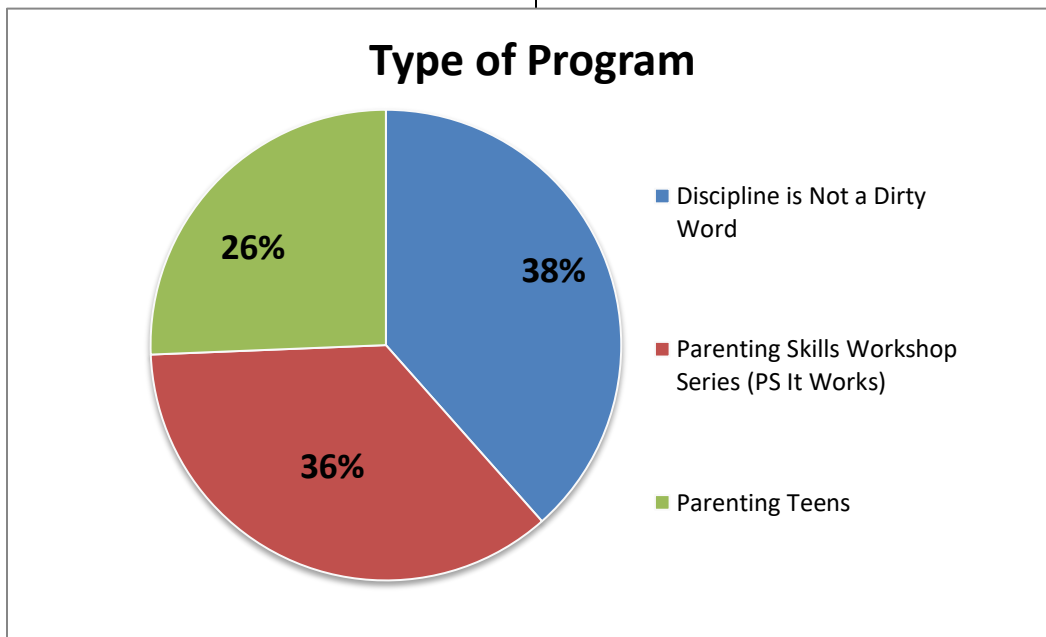
By Julia Chapman & Kimberly Kopko

Cornell Cooperative Extension (CCE) of Suffolk County offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This report presents data collected from participants in Suffolk County CCE parent education programs from August 2018 to July 2019. Participants included parents and caregivers who participated in programs comprised of at least six

hours of content delivery. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test). Results of the analysis of these data are shown below.

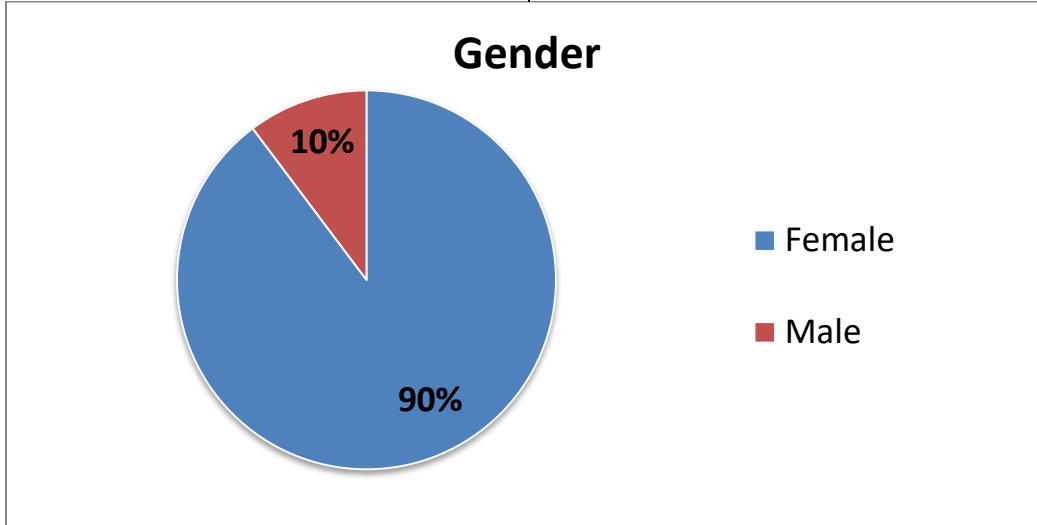
Demographics of Participants in Programs in Suffolk County, New York

A total of three programs were evaluated in Suffolk County, with the largest number of participants involved in the Discipline is Not a Dirty Word program (38%).



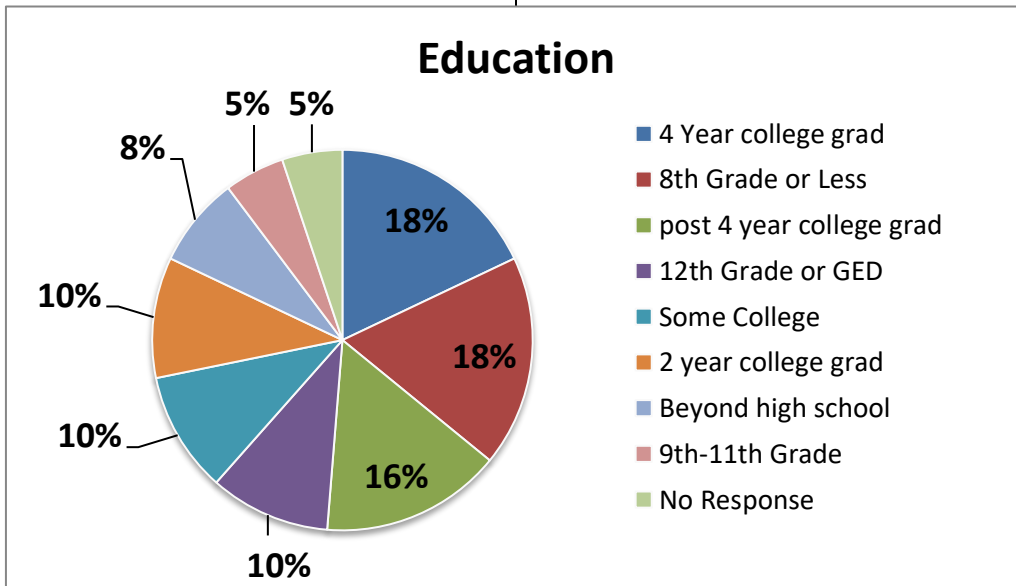
The following summaries use data from 39 participants who completed a pre-test survey given at the first session of their parent education class.

The majority of participants in the Suffolk County CCE parenting classes were female (90%).



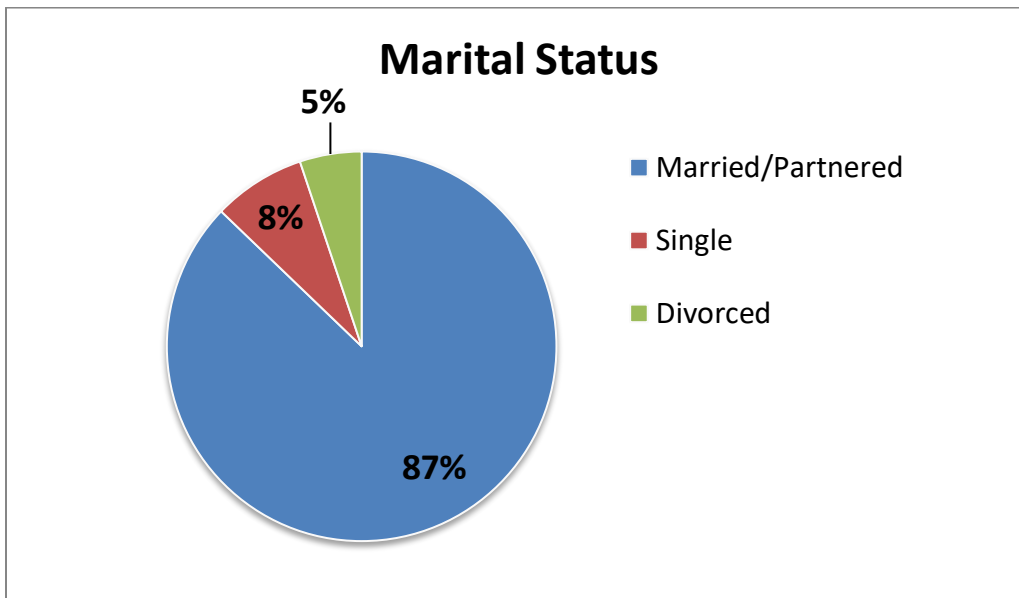
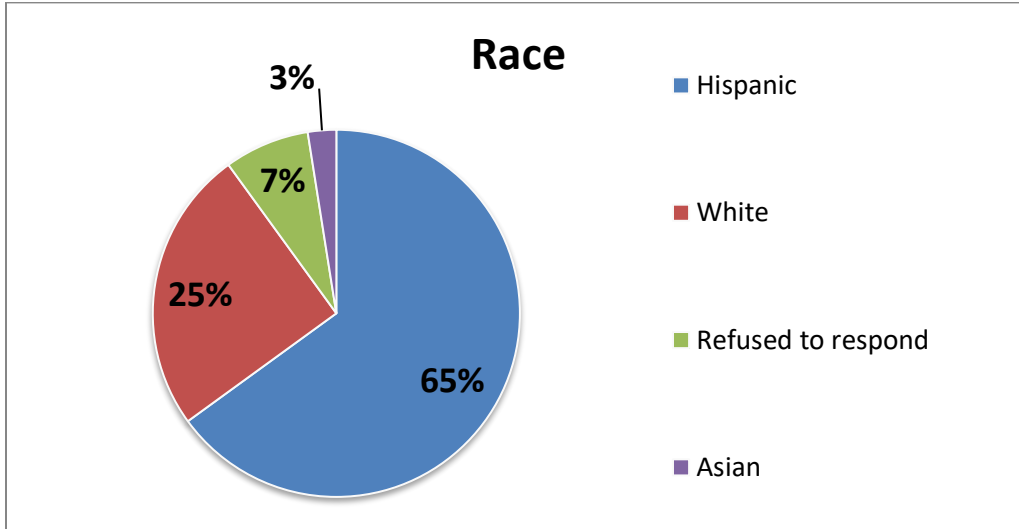
Educational attainment among the participants varied widely, with the greatest number of participants having graduated from a 4 year

college and those that completed an 8th grade education or less (each 18%).



The majority of the participants in Suffolk County CCE parent education

classes were White (65%) and 87% were married or partnered.



Pre-Post Survey Results

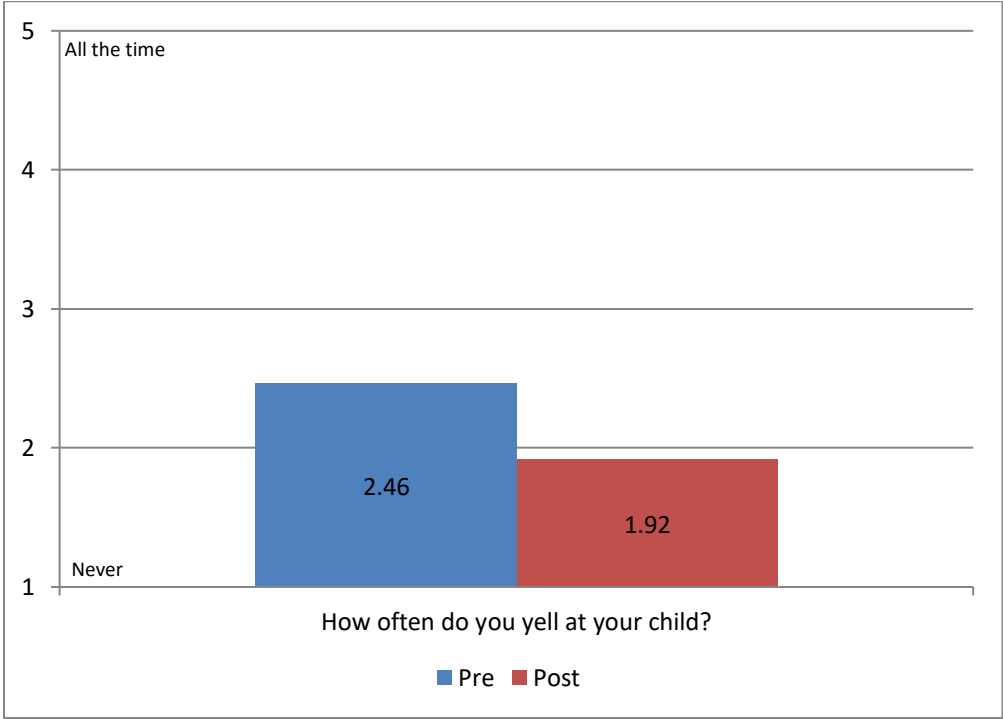
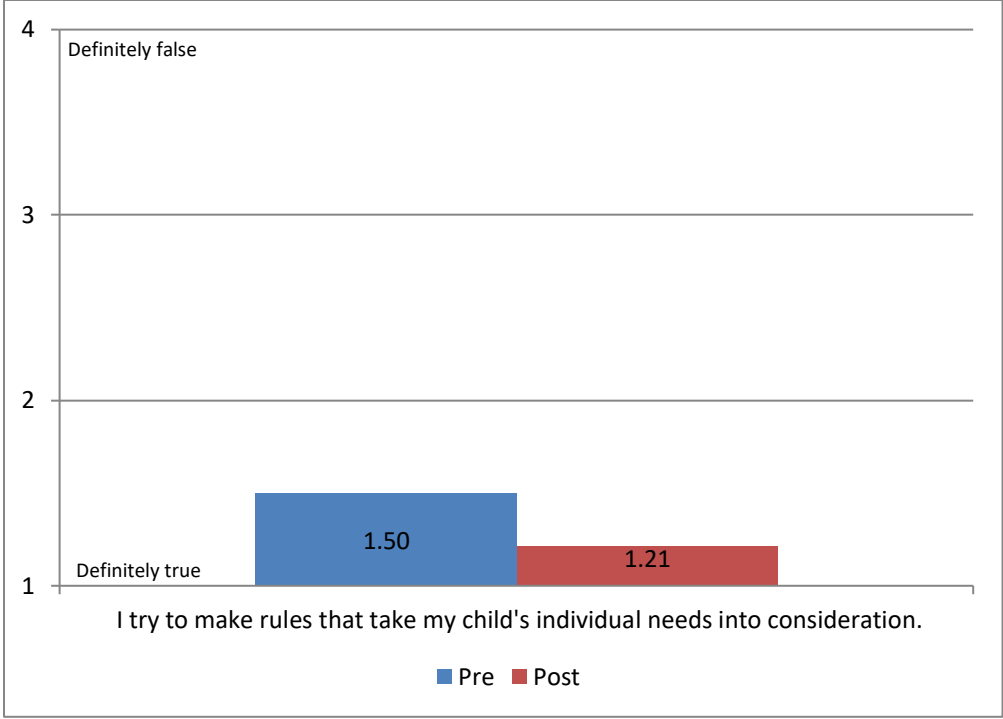
This evaluation used a pre- and post-test in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors, and knowledge designed to capture some of what was taught in the class. The pre- post-study design allows researchers to see if attitudes, behaviors, and knowledge change during the course of the workshop. Using this type of research design does not allow one to determine whether taking part in the parent education class *caused* a change in attitudes, behaviors and knowledge; such changes could occur for other reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

The following evaluation is based on information provided by 24

participants who completed their program and completed both a pre- and a post-test survey. Three of the ten measures tested showed significant improvements from the pre- to the post-test. Specifically, CCE parent education participants reported increases in: patience with their child and confidence in making rules that take their child's needs into consideration. Participants reported decreases in how often they yell at their child.

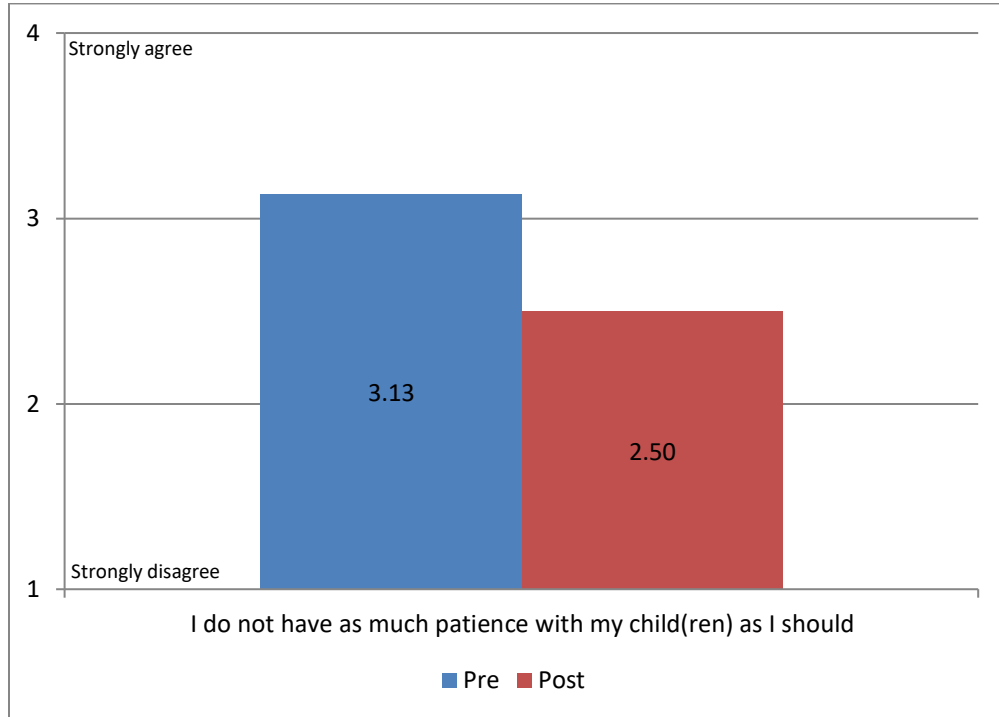
A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post changes in participant responses are not due to chance.

In comparing participants' pre- and post-test survey results, the following two questions showed statistically significant changes at the 5% level.



In comparing participants' pre- and post-test survey results, the following

question showed statistically significant changes at the 10% level.



These results indicate that three out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the

post-test, highlighting areas in which CCE Suffolk County parent education programs may have had a positive impact on their participants.

Visit the *Parenting Project* website at:

<https://www.human.cornell.edu/pam/engagement/parenting/home>

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